

Dress Right, Dress

Spangdahlem AB Supplement,
to AFI 36-2903, added to
Table 2.5, Item 19

To present the proper military image, summer and winter weight battle dress uniforms and accessories will not be mixed and matched. (Courtesy of the Spangdahlem AB First Sergeants Council)



News Briefs

Snow parade

The 52nd Civil Engineer Squadron hosts its 5th annual snow and ice parade Oct. 17 at 5 p.m. The parade features base snow removal equipment and reminds wing members to give the equipment room to operate on base streets and parking areas. Drivers should stay at least 50 feet away from salt dispensing equipment to avoid damage to vehicles.

Housing office closed

The 52nd Civil Engineer Squadron Housing Office is closed Oct. 17 for an official function.

myPay online

The official Website address for the military pay site, myPay, is <https://mypay.dfas.mil/mypay.asp>. Wing members should use the official myPay Website to access their leave and earnings statements.



52nd Fighter Wing awards luncheon

The 52nd Fighter Wing Quarterly Awards luncheon takes place Oct. 22 at 11:30 a.m. in Club Eifel. Call unit first sergeants by Oct. 20 to reserve seats.

Correction

In the inset photo to the standalone photo "For the 'Health of It'" on Page 2 of the Oct. 2 "Eifel Times," Airman 1st Class Sean Neill, 52nd Civil Engineer Squadron, was one of the two wing members on the warrior run float Sept. 29.

Return mobility bags

A critical piece of our rapid deployment capability is our ability to maintain accountability of wing mobility bags. Wing members should return mobility bags to the 52nd Logistics Readiness Squadron's War Readiness Section on the first day they return from deployment.

Road closed

Perimeter Road is closed from the 52nd Ammunitions Flight entrance to the golf course through October.

Black cultural awareness

The Spangdahlem AB Black Cultural Awareness Association meets Oct. 24 at 3 p.m. in building 151. Call Master Sgt. Erick Anderson at 452-3131 for details.

"Tag" you're it

Base leaders hand out AADD key tags as reminders to have a designated driver when drinking.

Read "New 'highly-encouraged' wear keeps safety message at hand," on Page 2



Eifel Times

Vol. 37, Issue 37

Spangdahlem Air Base, Germany

Oct. 10, 2003



Staff Sgt. Jennifer Lindsey

On guard

Senior Airman John Petcoff, front, and Airman 1st Class Derek Forrester, 52nd Security Forces Squadron, respond to a simulated explosion outside the 52nd Fighter Wing Operations Center during Exercise Harley Saber 03-01 Monday. Throughout the exercise, wing members practiced the Air Force's new chemical warfare concept of operations and survival skills under high-threat conditions.

Petty crimes peak once again, Team Eifel advised to lock up

Security forces: Prevent theft by keeping temptations out of sight

Story and photo by Staff Sgt. Scott Kuczkowski
52nd Security Forces Squadron Investigations Branch

At 3:16 a.m. Sept. 17, a lone individual walks through the rows of parked cars in the Speicher Government-Leased Housing area. The sound of the wind in the trees conceals the sounds of his footsteps as he moves from car to car, scanning, searching for his prize. Finally, he stops at a late model BMW. The door is unlocked. A compact disc case, fat with discs, sits in plain view. A line badge hangs from the rear view mirror. The thief has found his mark. Quietly and effortlessly, he opens the car door and removes the CD case, line badge, and any other items within his grasp. Another Team Eifel member becomes a victim of this prowler. This scenario is based on historical fact.

In November and December 2002, a rash of thefts plagued the Speicher GLH and surrounding community. The thieves primarily preyed upon unsecured privately owned vehicles and stole CDs, cellular phones, wallets and anything else of value left in plain view. Most of the thefts occurred between midnight and 4 a.m. The 52nd Security Forces Squadron processed 33 complaints of theft totaling \$13,391.

Through intense police work and increased vigilance, security forces identified and detained one of the thieves. The individual, who was a career criminal and petty thief, was turned over to the German police. The police interrogated the individual and learned that he and two juvenile accomplices lived near the Speicher GLHs. A subsequent search of their house by the police resulted in the recovery of a large amount of stolen items, which were eventually returned to their owners. The ring of thieves was prosecuted and punished for their crimes.

Now Speicher is again the host of more vehicle thefts. Thieves entered eight vehicles parked in the Speicher GLH while the owners slept Sept. 16-17. The bandits made off with more than \$1,200 in items including CDs, car speakers and personal items. A caller reported seeing two individuals prowling the parking lots Sept. 21, possibly looking for unsecured vehicles and belongings.

The 52nd SFS reminds everyone to secure their belongings and avoid being a target for theft. Vehicle owners should always



Modified photo

A sure-fire way to get ripped off is to leave a car door unlocked, a window open or to leave valuables, such as a military identification card, in plain view, according to the 52nd Security Forces Squadron. Wing members should always lock their cars and remove valuables from plain view, even when a vehicle is parked in a "safe" location.

lock their doors and remove valuable items from their vehicles. Thieves will almost always go after the easiest target.

Vehicle owners should also record the model numbers and serial numbers of all electronic items in their vehicles. In the event of a theft the German police will need this information.

Unsecured vehicles and personal items don't just create criminal opportunities; they are also force protection issues, according to Lt. Col Larry Laird, 52nd SFS commander.

"Wallets, ID cards, passports and line badges are all documents that could provide an individual access not only to our base and resources, but can also lead to identity theft," said the commander. "It's imperative every possible measure is taken to account for and secure these items."

Team Eifel members, especially those who live in Speicher GLHs, should remain vigilant and report suspicious activity to security forces at 452-6666 or 06565-61-6666.

New 'highly-encouraged' wear keeps safety message at hand

By Col. Stephen Mueller
52nd Fighter Wing commander

Whether Team Eifel members drink or not, DUIs are significant threats to all of us and our families every time we drive. That's why all active-duty members will soon be "tagged."

Throughout the week leaders are distributing Airmen Against Drunk Driving and Ride for Life key tags to wing members who are highly encouraged to carry them on their key chains. The small plastic tag is a simple reminder to use a designated driver, a reminder to offer to be a designated driver and a reminder to make sure our friends have a designated driver. When designated driver plans fall through, Team Eifel members can just call the number on the tag for a safe ride home.

Top 10 things Team Eifel members should remember every time they pick up car keys

10. \$37,866.80 -- Total five-year pay reduction for a staff sergeant-select convicted of DUI.

9. \$40 -- Average cost of a cab ride home.

8. 28 months -- Extra time a staff sergeant-select gets to spend as an airman first class after a DUI.

7. One hour -- Time it takes to metabolize 12 ounces of beer, 5 ounces of wine or 1.5 ounces of liquor.

6. Game over -- Description of an officer's career after a DUI.

5. Zero tolerance -- 52nd Fighter Wing DUI policy.

4. 258,000 -- Americans injured in alcohol-related crashes this past year.

3. 17,419 -- Americans killed in alcohol-related crashes this past year. The average is one person killed every 30 minutes.



Master Sgt. Brian Brauner

Wing leaders are distributing Airmen Against Drunk Driving and Ride for Life key tags which serve as a reminder against drinking and driving.

2. A lifetime -- That's what people bet when they drink and drive. That's how long they'll have to live with the consequences ... if they live.

1. There's no excuse -- It's a decision. When drinking alcohol, use a designated driver. Call a cab. Call AADD. Decide before the drinking starts. Not drinking? Volunteer to serve as a designated driver.

It's simple: Don't drink or have a designated driver

Call a Ride for Life taxi
at 06565-95-1010,
Airmen Against
Drunk Driving (AADD)
at 06565-61-2233,
your supervisor
or unit first sergeant
if things get complicated.

Base emergency services celebrate Fire Prevention Week

By Inge Lersch
52nd Civil Engineer Squadron Fire Protection Flight

Spangdahlem Air Base Fire Prevention Week, taking place Oct. 11-18, remembers those who died in The Great Chicago Fire of Oct. 9, 1871, which claimed more than 250 lives and destroyed 17,430 structures.

The theme for this year's Fire Prevention Week campaign, "When fire strikes: Get out! Stay out!" focuses on developing and practicing fire escape plans.

During the following week, base fire emergency services sponsors events designed to increase public awareness. Base Fire Prevention Week activities include:

■ Fire drills in military family housing and dormitory facilities.

■ A fire department team and Sparky the Firedog visits Spangdahlem and Bitburg Elementary Schools, family daycare facilities, and childcare and youth centers.

■ Poster contests in base schools.

■ Fire prevention demonstrations and training at Bitburg Middle School Saturday, following the fire parade at 11 a.m. The event also features free hot dogs and refreshments, games, prizes and handouts for children.

■ Fire station tours upon request. Call 452-5292 or 452-5297 to schedule.

■ Radio contests on Eifel 105.1. Wing members can win prizes by correctly answering fire prevention questions on the air.

Team Eifel members should take time this week to become more fire prevention conscious and continue the practices for a long, safe lifetime.



Above: Inge Lersch, 52nd Civil Engineer Squadron Fire Protection Flight assistant fire chief, makes Spangdahlem village elementary school students honorary fire fighters by distributing toy firefighters helmets Sept. 30 during an annual exercise in the local community. Left: Base fire fighters familiarize themselves with the layout of the school and practice a fire fighting scenarios inside. Meanwhile, Sparky the Firedog entertained the evacuated students outside the school and by sharing fire safety tips with them.

Photos by Iris Reiff

Integrity



Service Before Self



Excellence in All We Do



Tech. Sgt. David Knable

Members of the 52nd Logistics Readiness Squadron Vehicle Management Flight Material Control Element make up this week's Top Saber Team

Top Saber Team

Unit name: 52nd Logistics Readiness Squadron Vehicle Management Flight Material Control Element

Unit responsibilities: The element sources and purchases parts for more than 900 wing vehicles. It manages seven bench stock accounts worth \$21,000 dollars, ensures bench stock monitors are trained and stocks replenished. It also issues consolidated and individual tool kits valued at more than \$1 million. Additionally, element members inspect the fleet's precision measurements equipment.

Number of members: Six

How does the team fit into the 52nd Fighter Wing's mission? The team ensures wing vehicles are safe and roadworthy. Member dedication keeps vehicle downtime minimal, ensuring transportation is available during times of peace and war.

Eifel Salutes

52nd Mission Support Group

Keeping an eye on things is **Senior Airmen Aisha Small**, 52nd Logistics Readiness Squadron inventory assurance technician, who annually surveys supply functional responsibilities and volunteers for Airmen Against Drunk Driving and squadron fundraisers. Keeping the tempo, **Sandra Wilson**, 52nd Services

Squadron, was handpicked to temporarily take over the wing commander's secretarial duties. She didn't miss a beat and kept the wing's reputation as the best in U.S. Air Forces in Europe. A tip of the mortarboard to **Hobart Clements** and **Maj. Tom Ballard** for taking care of the educational needs of the team. Farewell and good luck in your new assignments! The 52nd Communications Squadron Information Assurance Office congratulates **52nd Fighter Wing agencies** and the 52nd FW congratulates the **52nd CS Information Assurance Office** for passing the major command information assurance inspection with flying colors. Base programs were hailed by the inspectors as the "best seen" in USAFE.

52nd Operations Group

Back in the hive! The Big 22 Stingers thank **Cpts. Derek O'Malley**, **Chris Caplinger** and **Matt Hayden** for getting the 22nd FS and 22nd Aircraft Maintenance Unit to and from Poznan, Poland, for the 2003 NATO Air Meet and for making the exercise a



buzzing success!

52nd Medical Group

Thanks to 52nd Aerospace Medicine Squadron members **Christine Bright**, for keeping the administrative paperwork flowing smoothly, **Staff Sgt. Andrea Bixler** for being a living example of integrity and **Capt. Dennis O'Sullivan** for being an inspirational men-

tor to all the troops. **Staff Sgt. Aisha Fogle** proved she "knows the drill" by managing the Bitburg Annex dental clinic expertly in absence of the NCOIC. Keeping his cool, **Staff Sgt. Sean Hiles** performed an excellent job in Family Advocacy when his workload tripled in the height of the PCS season and the office was at 50 percent manning.

52nd Maintenance Group

Airman 1st Class Travis Legg, 52nd Component Maintenance Squadron Electronic Warfare Section, worked long hours ensuring installation security and maintaining force protection measures in support of ongoing operations at his deployed location. **Master Sgt. Kevin Kolva**, 52nd CMS Avionics Flight, went through the loops to arrange a morale-building trip for 45 flight members to an amusement park.

Kudos to all, Team Eifel salutes you!

(Compiled by Brian Lindsey, 52nd Fighter Wing Public Affairs Office volunteer)

IEA Scorecard

Project	Coordinator	Percent complete	Estimated completion
Brick House	Eddy Mentzer	100	Complete
Jet Blast Inn AFN decoder	Tech. Sgt. Sean Applegate	100	Complete
Honor Guard uniforms	Tech. Sgt. Randall Reno	100	Complete
Billeting laptops	Master Sgt. Fred Ayers	100	Complete
Loaner transformers	Gertrude Cochran	100	Complete
Batting cages	Juergen Stockemer	40	Oct. 30
Bus shelter improvements	Tech. Sgt. Michael Smith	35	Dec. 15
HAS mezzanine	Tech. Sgt. John Murphy	35	Oct. 31
HAS crew shacks	Tech. Sgt. John Murphy	45	Oct. 31
Pavilion improvements	Udo Stuemmer	10	June 2004



Airman Heather Forrest

'Hog' tied

52nd Equipment Maintenance Squadron phase inspectors do a point-by-point check on an 81st Fighter Squadron A-10 Thunderbolt II Sept. 18. Every 400 hours of flight, the "Warthog" must undergo inspection to ensure all systems are in top working order. In this rare case, the 52nd EMS docked three aircraft at once -- one on the first day of inspection, one on the seventh day, and one on the twelfth and final day. It takes phase inspectors about two weeks to completely breakdown, inspect and reassemble each A-10 aircraft.

Top Saber Performer



Tech. Sgt. David Knable

Staff Sgt. Jonathan Avery, 52nd Logistics Readiness Squadron Material Control Section craftsman, is this week's Top Saber Performer.

Name: Staff Sgt. Jonathan Avery
Unit: 52nd Logistics Readiness Squadron Material Control Section
Duty title: Material control craftsman
Hometown: Macon, Ga.
Years in service: Six
Nominee's contributions to 52nd Fighter Wing mission success: Staff Sgt. Avery manages parts for more than 900 wing vehicles. Oversees supply accounts worth more than \$2 million. Monitors a bench stock of 169 line items worth more than \$3,300.
Off-duty volunteerism and professional development pursuits: Serves as a youth bible study instructor and youth ministry leader. He coaches the squadron flag football team. Also, he is only six credit hours away from earning his Community College of the Air Force degree.
What do you do for fun? Travel with my family, play sports and read.

What do you like most about being stationed here? The location of the base and its proximity to wonderful places like Paris and Brussels.

What's one thing you'd like to see changed or improved at Spangdahlem Air Base? I would like to see more recreational activities on base such as a swimming pool and skate park.

USAFE airmen attain mission success in Liberia

Troops supporting Joint Task Force Liberia return, Gen. Foglesong lauds airmen's 'selfless dedication'

RAMSTEIN AIR BASE, Germany -- More than 300 people from U.S. Air Forces in Europe returned from supporting a safe and effective operation for Joint Task Force Liberia recently.

USAFE members were called to be a part of a joint team July 13 that was forged to stem violence and allow food to be distributed after fighting flared up among groups vying for power in Liberia, Africa.

Gen. Robert "Doc" Foglesong, USAFE commander, reflected on the selfless sacrifice and dedication of USAFE airmen during the past three months in JTF-Liberia.

"Our airmen demonstrated courage, leadership and the agility to get the mission done," he said. "I am very proud to be associated with everyone who made this operation succeed. For those who deployed and their families—thanks for your commitment and service."

Although not specifically directed at American citizens or interests, the violence around the capitol city of Monrovia threatened to spill over onto U.S. Embassy grounds.

USAFE's role was extensive according to Col. Bob Steel, USAFE Theater Air and Space Center commander.

"Nothing would be possible without the talents of our expeditionary units," he said. "On short notice they deployed more than 3,500 miles and set up two forward bases."

Once in place, USAFE's airmen quickly saw action. HH-60 helicopters and personnel deployed from Naval Air Station, Keflavik, Iceland, along with support from the 786th Security Forces Squadron, Sembach Air Base, Germany, provided tactical airlift

reinforcing the U.S. Embassy with U.S. European Command's Assessment Team and U.S. Marines who augmented the security forces in country, he said.

"During those initial sorties, our aircrews withstood volleys of AK-47 fire and mortar rounds bursting within a football field's distance of the compound's walls," Steel said. "We also had one of our medical teams live in the embassy. This team's skills were needed, but fortunately not too often."

In addition, USAFE's airfield experts helped reopen the main airport in Liberia and made sure it was safe for U.S. Air Force and other aircraft, he said. Moreover, when a surprising illness afflicted 40 plus Marines, USAFE airmen rapidly provided the medical evacuation and treatment needed for them to be transported to hospitals.

Other Air Force professionals on site included security forces, theater air mobility and rescue forces, communications experts, civil engineers and finance personnel. There were many others who supported the operation from Northern European bases, he added.

"In addition to their role within the Joint Task Force, USAFE's deployed airmen provided a face on our nation's commitment to our partners in this part of the world," Steel said.

By September, military forces from African nations had deployed to Monrovia and a degree of stability returned. As of Oct. 1, the United Nations assumed the lead for peace operations in Liberia. (Courtesy of USAFE News Service)

**Special
from
USAFE**



Staff Sgt. Karen Z. Silcott

Staff Sgt. Paul Kilquist, 52nd Security Forces Squadron, guards a C-130 Hercules cargo aircraft on the flightline at Dakar, Senegal. The NCO served as an augmentee for the 786th Security Force Squadron "Ravens" from Sembach Air Base, Germany. The elite security forces team guarded U.S. military assets during peacekeeping operations in Liberia.

Upcoming vulnerability evaluation affirms force protection as priority

By Capt. Beverly Baker
52nd Fighter Wing Anti-Terrorism Officer

Acts of terrorism throughout the world in recent years and the Global War on Terrorism make force protection and anti-terrorism efforts a top priority for military installations all over the world.

It's truly sobering to realize how vulnerable we, as a nation and as an Air Force, are to terrorists who can attack anywhere at any time, said Col. Stephen Mueller, 52nd Fighter Wing commander.

"Force protection and anti-terrorism aren't just a word the cops use; it's the responsibility of every member of Team Eifel, civilian and military alike," he said. "To succeed in defending our wing from hostile adversaries, we must all do more than simply talk a good game. We have to be aware and involved in our own force protection."

The wing has already made persistent efforts to improve Team Eifel's force protection posture and measures to prepare us to deter and respond to a terrorist attack. Base leaders will soon test the wing's efforts in an upcoming assessment, Oct. 19-24. The assessment is called the Joint Staff Integrated Vulnerability Assessment.

The JSIVA, conducted by the Defense Threat Reduction Agency, is a "vulnerability-based" evaluation of an installation's ability to deter or respond to a terrorist incident.

The JSIVA is different from an operational readiness inspection or NATO tactical evaluation because the installation doesn't receive a formal grade. A vulnerability assessment has two main objectives: to identify an installation's vulnerable areas and to recommend procedural or technical options for reducing the potential impact of terrorist activity.

Although the JSIVA will not include exercises, there's a chance that wing members will come across a team member during the assessment. It's imperative that wing members be familiar with force protection conditions, know the force protection measures that are applicable to their job and the facility where they work, and remain vigilant to report any suspicious activity.

**Call 24 hours a day
On base: 452-6666
Off: 06565-61-6666**



Eagle Eyes is a U.S. Air Force force protection program which encourages all members to remain vigilant. To thwart possible terrorist attacks, people should report anything suspicious to security forces or Air Force Office of Special Investigation, vary their travel routes, secure their valuables and maintain situational awareness.

The wing's success during the assessment will be in large part a reflection of how well the wing perceives its role in its own protection. Now is the time for wing members to take a few extra minutes to look at their plans, control centers and facilities to gauge what needs to be tightened up for the assessment.

Call the wing anti-terrorism section at 452-6120 for more information about thwarting terrorism or the Eagle Eyes program.

CFC campaign kicks off overseas

RAMSTEIN AIR BASE, Germany -- The 2003 Combined Federal Campaign-Overseas kicks off Oct. 1 and runs through Dec. 10 for all overseas combatant commands.

This annual fall fund-raising drive allows nearly 4 million federal employees and service members to contribute to more than 1,500 U. S. national and international nonprofit organizations.

U. S. Air Forces in Europe goals for the 2003 campaign are 100 percent contact and to raise approximately \$1.9 million for charity; last year USAFE raised more than \$2.1 million during the campaign.

A unique option afforded personnel stationed overseas is to give back to their base or installation by designating "FSYP," for Family Support and Youth Programs, on their pledge form. By regulation, 100 percent of donations to this program must be returned to the base or installation of origin. Last year USAFE bases received more than \$93,205 in FSYP donations.

In 2002, people donated \$11.2 million to charities through the CFC-Overseas program. Contributions can be made in cash, by check or by payroll deduction.

The campaign was established in 1961 and is the largest workplace-charity campaign in the country. On average, one in four federal employees or their family members benefits from the CFC charities this year alone, according to officials. Donors may designate which charity or charities receives their money by filling out a pledge card.

Each USAFE base has a local project officer assigned. Contact your project officer for more information or go to the CFC-Overseas Web site at www.cfcoverseas.org/.

Community
Mailbox

Holiday closures

Service Credit Union branch offices and the Bitburg Annex commissary are closed Monday for Columbus Day. The Spangdahlem AB commissary is open regular hours.

LaLeche League

A support group for nursing mothers meets Wednesday at 6:30 p.m. in the Bitburg Annex hospital conference room. Children and nurslings are welcome.

Top 3 meeting

Top 3 meets at the Brick House in the base community center Wednesday at 3 p.m. Call Master Sgt. Fred Ayers at 452-5370 or Master Sgt. Dan Beasley at 452-7829 for more details.

School news

Spangdahlem Middle School

■Orientation takes place Oct. 31 at 9:30 a.m. in the media center. Parents and community members are encouraged to attend.

■A school dance takes place Oct. 31 from 6:30-9 p.m. Chaperones are needed. Call 452-7205 to volunteer.

Bitburg Elementary School

■Class and family photos take place Oct. 15-16. Call Shawna Weeg at 06561-695840 for details.

■A Parent and Teacher Association meeting takes place Oct. 21 at 6:30 p.m. in the cafeteria. Call Carole Weaver at 06562-931316 for details.

Bitburg High School

■The school advisory committee meets Monday at 3:30 p.m. in the information center. Parents and BHS students are encouraged to attend. Meetings take place the first Monday of each month.

Education services news

The 52nd Mission Support Squadron Education Services Center is located in Spangdahlem AB building 192. Call 452-6063 for more information.

■The Community College of the Air Force graduation ceremony takes place Oct. 29 at 2 p.m. in Club Eifel.

■The University of Oklahoma offers a class in human emotions from Nov. 11-16. Call Al Cannon at 452-7555 or 06565-617555 or e-mail apspangdahlem@ou.edu for details.

■The University of Phoenix is located at Spangdahlem AB, Bldg 131. The branch office offers master's degrees in business



Staff Sgt. Russell Wicke

Good neighbors

BAGRAM AIR BASE, Afghanistan -- Capt. Russell Callaway, 455th Expeditionary Operations Group executive officer, mingles with children of a small village west of Bagram Air Base in September. The 52nd Mission Support Squadron deployed member helped deliver children's clothing and school supplies donated by Spangdahlem Air Base members for the Adopt-a-Village program. Team Eifel members have also helped children hit the books by donating supplies to the Operation Back To School program. Deployed members of the 52nd Communications Squadron distributed the supplies to children living in villages near Kirkuk Air Base, Afghanistan.

administration and education. Call 452-7556 for details.

■University of Maryland University College-Europe Term 2 registration begins Monday and continues through Oct. 24. Visit UMUC-Europe online at www.ed.umuc.edu for a listing of courses available.

Family support news

The following workshops take place in Spangdahlem AB building 307. Call 452-9491 for details.

■Predeployment briefing, Tuesday at 1:30 p.m.

■Home buying, Tuesday at 6 p.m.

■Sponsor training, Thursday at 10 a.m.

■Mutual funds fundamentals, Thursday at 6 p.m.

The following workshops take place in Bitburg Annex building 2001.

■Cooking club, Tuesday at 6 p.m.

■Creative critters playgroup, Wednesday at 10 a.m.

EDIS news

Infant and toddler developmental screenings take place the first, third and fifth Monday monthly from 9-11 a.m. in the EDIS clinic at Spangdahlem AB, building 161.

EDIS also offers screenings each second and fourth Monday from 9-11 a.m. in the Bitburg Annex Chapel. Call 452-8238 for details.

Haunted house

Team Eifel members are invited to join the 52nd Civil Engineer Squadron and 52nd Communications Squadron for goulash fun by touring a "haunted" house Oct. 29-31 from 6-10 p.m. in the French Caserne on Bitburg Annex. Cost is \$5 for adults and \$3 for children 12 and younger.

Reading club

The Eifel Reading Circle discusses the book "White Apples," by Jonathan Carrol, Thursday at 6:30 p.m. at the Royal Belgian Chocolate Café in the Spangdahlem BXtra.

Poetry readings

■Spoken Word Wednesday meets the first Wednesday of each month at 8:30 p.m. at the Royal Belgian Chocolate Café at the BXtra.

■Spoken Word Thursday Meets every other Thursday at the BXtra. The next meeting takes place Thursday at 8:30 p.m.

■Teen Poetry Group meets each Wednesday from 6-7:30 p.m. in the teen center. All teens are welcome with or without poetry.

Playgroups

■Children's story hour takes place each Thursday at 10:30 a.m. in the chapel library, building 139. Call the base chapel office at 452-6711 for details.

■A preschool playgroup meets each Friday from 9:30 a.m. to noon in Spangdahlem AB Military Family Housing building 409-C. A playgroup also meets each Thursday from 10 a.m. to noon in Bitburg Annex Temporary Living Facility 2. Call Michele Linnen at 452-8288 for details.

■Children's story hour takes place each Wednesday at 9:30 a.m. in the Bitburg Annex Library and each Thursday at 9:30 a.m. in the Spangdahlem AB Library. Children ages 2-5 are invited. Call 452-9056 for details.

Pet care

The VTF provides pet vaccinations, dental checkups and other routine care by appointment only. Appointments are available each Monday, Tuesday and Wednesday 9-11 a.m. and 2-4 p.m., and Friday 9 a.m. to noon and 1-4 p.m. Thursday from 9 a.m. to 1 p.m. it's open for medicine pickups only. The facility, located in building 1094, is closed on weekends and holidays. Call 452-9388 to schedule appointments.

Volunteers needed

Airmen Against Drunk Driving seeks volunteers to drive or operate the dispatch office on weekends and holidays. To volunteer, e-mail full name, town or residence and home phone number to aadd@spangdahlem.af.mil.

Tax center hours

The Spangdahlem AB Tax Center offers electronic tax filing service each Tuesday through Thursday from 8 a.m. to noon for walk-ins and from 1-4 p.m. for appointments. Deployed members returning from a combat zone have 180 days after their return to file their income tax returns on time.

Legal assistance hours

The 52nd Fighter Wing Legal Office provides legal assistance each Tuesday and Thursday from 1:30-3 p.m., and Wednesday and Friday from 8-10 a.m. A German legal advisor is available Monday-Thursday from 8-11 a.m. Walk-in hours are each Monday from 11 a.m. to 1 p.m., Tuesday and Thursday from 11 a.m. to 4 p.m., and Wednesday and Friday from 8 a.m. to 1 p.m.

Mentoring volunteers

Bitburg High School seeks mentoring and tutoring volunteers during seminars or after school in the base library. For more information, call Elke Zschaebitz, program coordinator, at 452-9337 or 06565-619337.



Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.



Holiday bazaar

Start making wish lists for the Eifel Holiday Bazaar, Nov. 7-9 on Spangdahlem Air Base. More than 120 European vendors!

Col. Stephen Mueller.....Commander
Maj. Melinda Morgan.....Chief, Public Affairs
2nd Lt. Gerardo Gonzalez.....Deputy, PA
Master Sgt. Sean E. Cobb.....NCOIC
Staff Sgt. Jennifer Lindsey.....Editor
Staff Sgt. Brigita Lords.....Technical assistant
Airman 1st Class Amaani Lyle.....Assistant editor
Iris Reiff.....Leisure writer

Published
by Verlag &
Druck Wittich
KG, a private
firm in no way
connected with
the U.S. Air
Force, under
exclusive written contract with the 52nd
Fighter Wing. This commercial enter-
prise newspaper is an authorized publi-
cation for members of the U.S. military
services overseas. Contents of the
Eifel Times are not necessarily the official
views of, or endorsed by, the U.S.
Government, the Department of
Defense or the Department of the Air
Force.



The appearance of advertising in
this publication, including inserts or sup-
plements, does not constitute endorse-
ment by the Department of Defense,
the Department of the Air Force or
Verlag & Druck Wittich KG of the prod-
ucts or services advertised.

Everything advertised in this publi-
cation shall be made available for pur-
chase, use, or patronage without regard
to race, color, religion, sex, national ori-
gin, age, marital status, physical handi-
cap, political affiliation or any other non-
merit factor of the purchaser, user or
patron.

Editorial content is edited, pre-
pared, and provided by the 52nd
Fighter Wing Public Affairs Office staff.
All photographs are U.S. Air Force pho-
tographs unless otherwise indicated.



Col. Stephen Mueller

Accessing Direct Line

The Direct Line program is a
way to get answers to questions
you still have after using your
chain of command.

Direct Lines of general
interest will be published in the
Eifel Times and may be edited or
paraphrased for brevity or clarity.
Submit your Direct Line via:

■DirectLine@spangdahlem.
af.mil

■Mailed to 52nd FW/PA,
Unit 3680 Box 220, APO AE
09126

■To PA in building 23.

■Concerns may also be sent
via fax to 452-5254.

Anonymous inputs are
accepted. To receive a personal
response you must include your
name and phone number. Call the
Eifel Times at 452-5244 for more
information.

Month Sortie Scoreboard

Aircraft	Goal	Flown	Delta
F-16	0	82	82
A-10	0	95	95

*Delta is contract vs. sorties flown to date.

Through Oct. 7

Courtesy of the
52nd Maintenance Operations Squadron
Plans and Scheduling Section

Viewpoint

Oct. 10, 2003

Page 6

Staying on target

'Tunnel vision' can cripple mission

By Staff Sgt. Marc Barnes
18th Wing Public Affairs Office

KADENA AIR BASE, Japan -- When the Air Force sent me to Southwest Asia last year, I began telling my 3-year-old son, Jonathan, he would need to be the man of the house while I was gone. I remember him swelling with pride when I told him he would be responsible for taking care of his mom and two sisters and would have to "take up the slack" while I was gone.

Shortly after I arrived in Southwest Asia, my wife told me that Jonathan had been disobedient, and she'd asked him to stand in the corner. Jonathan, remembering my instructions from weeks before, paused with a puzzled look on his face, stuck his finger in the air and asked, "Does the man of the house have to do that?"

After my wife finished chuckling, she gave my son a quick reminder about his responsibilities as her son -- responsibilities he had briefly forgotten while working so hard on being the "man of the house." It was an innocent and humorous mistake, but it was similar to mistakes I believe many of us make in our offices every week.

Most of us probably have responsibilities at work that we enjoy more than others, and it is easy to experience "tunnel vision syndrome" as we focus on what we enjoy and put off the responsibilities that don't appeal to us. It is in our nature to avoid things we don't like, but in an office it can quickly become a problem when several moving parts grind to a halt because of someone who only

does half of their job.

One of my early Air Force supervisors did me a favor and pointed out my weakness in this area. So, when I offer the following tips, they are from my personal experience as a person infected with tunnel vision syndrome.

"If you have a responsibility you don't enjoy, try to get it done and then work on the things you like. Not many things are worse than knowing that "broccoli" is still sitting there, waiting for you to finish it."



When you can, tackle the "undesirables" first. I hate broccoli. When a meal at our house includes broccoli, I usually eat it first and save my favorite part of the meal for last. If you have a responsibility you don't enjoy, try to get it done and then work on the things you like. Not many things are worse than knowing that "broccoli" is still sitting there, waiting for you.

Don't assume your "annoying" responsibilities aren't important. I used to be a file monitor and I

Direct Lines

White Swan procedures

Question: I'm writing about information about White Swan services recently published in the "Eifel Times." I understand that as a civilian not on orders, I don't have a priority and that I am riding the bus on a standby basis. I have been riding the White Swan for 21 years and there has never been an incident in my experience where everyone not only had a seat, but in most cases two seats.

I would like to ask wing leadership to reconsider the blanket order that all non-orders riders have to get on the bus at Spangdahlem Air Base. There's no shuttle that early in the morning and this order increases parking problems.

Under this order, family members and civilians who live on the Bitburg Annex side will not be able leave their cars at home. If there's a problem with non-orders Bitburg Annex people taking "prime" seats, couldn't the driver instruct us to get off the bus at Spangdahlem AB and reload

when everyone else is seated? We all know that the White Swan is parked at Bitburg Annex and doesn't have to go out of its way to pick up passengers. Thank you.

Answer: We appreciate your comment regards the procedural change we recently implemented in the White Swan shuttle service. Our primary concern when developing these new procedures was to ensure our duty travelers were given priority, while working within the schedule constraints of the contracted bus company.

It wasn't our intention to inconvenience Space-A travelers who live on Bitburg Annex; therefore, we have decided not to restrict where our Space-A travelers board. However, it's important for Space-A travelers to understand they risk being asked to de-board the bus at Spangdahlem AB to ensure our duty travelers (PCS, TDY and emergency leave) have priority. If this unfortunate situation occurs, Space-A travelers will need to find transportation back to the Bitburg Annex.

Disrespecting the flag

Question: I'm an active-duty member of the 52nd Security Forces Squadron. Yesterday, while turning into the commissary parking lot at 4 p.m., the music began to play. I saw at least five people run into the commissary and one lady hugged the wall and quietly slipped into the facility to avoid having to stand at attention.

I find this behavior rude and disrespectful to our base and our host nation. Men and women put their lives at risk daily, yet people can't take five minutes and 10 seconds to show respect to the flag and its meaning.

Answer: Thank you for giving me the opportunity to address flag protocol while on base.

Openly paying respect to our flag is part of the customs and courtesies that set us apart as military members. Our duties and commitment to our nation may require

thought it was a huge waste of time until my supervisor needed a file and, because of my laziness, couldn't find it. Many of us have additional duties that seem to be more of a pain than anything else, but we can't just blow them off. Most of the time, there is a very good reason for those duties, and some of us in "lower-level management" can't see or understand the big picture.

Finish the job. As a kid, I did fairly well in my junior-high woodworking class. I could make a mean birdhouse, but I was terrible at cleaning up the mess afterward. We are all pretty good at our jobs, but some of us are weak when it comes to "cleaning up afterward." Remember others will follow you and use the equipment you leave behind. Leave it functional, clean and where it should be.

Finally, if the "tunnel vision syndrome" I have described is your weakness, focus on preventative measures to keep it from getting out of hand. Don't wait for your leaders to chew you out about something that didn't get done before you begin to focus on responsibilities you don't enjoy. You can impress them or distress them, but I think the former is much more rewarding than the latter.

My son did a great job being the man of the house while I was gone, just like most of us do a great job taking on responsibilities we enjoy. But remember, it is a lot easier to be the man of the house when you don't have to stand in the corner. (Courtesy of Pacific Air Forces News Service)

us to pay the ultimate sacrifice. Therefore, our loyalty to the flag must be strong and apparent.

When outdoors in uniform, military members must face the flag (or the music if the flag isn't visible) and salute while it's being lowered. Military members in civilian clothes face the flag (or the music) and should stand at attention with their right hand over their heart. All vehicles in motion should stop at the first note of the music.

Civilians, whether base employees or family members, are also a vital part of our military team and should display the appropriate respect for the flag. The same respect we show the U.S. flag should be rendered to the flag and national anthem of our host country.

So, next time the music starts playing, hold your ground and use those few minutes to reflect on our great nation and those who have fought and died to make it so. It's the right thing to do.

Integrity



Service Before Self



Excellence in All We Do

Movies

All movies play at 7 p.m. unless indicated otherwise. Movie synopses are available at www.aafes.com/ems/-default.asp.

Bitburg Castle

Today

Marci X (R)

When protest breaks out over Dr. S's new CD, the record label owner is hospitalized. His pampered daughter Marci, who's never set foot in the business world, steps in, stands up to Dr. S and tries to tone down his bad-boy edge.

Saturday

Pokemon Heroes (PG, 4 p.m.)

Ash and Pikachu meet two new Pokemons, Latias and Latios, who protect a treasure. Latias and Latios use their psychic abilities and power to disguise themselves as humans to fulfill their mission.

Bad Boys II (R)

A pair of Miami police detectives is on a case in London. A half-sister Syd, undercover and pretending to be a money launderer, annoys her brother by flirting with his partner.

Sunday

Pokemon Heroes

Closed Monday and Tuesday

Wednesday

Marci X

Thursday

Bad Boys II

Spangdahlem Skyline

Today

Jeepers Creepers II (R)

The Creeper embarks on a voracious feeding frenzy of basketball players, cheerleaders and coaches stranded on a remote highway. The terrified group of young athletes is forced to do battle against the winged creature.

Lara Croft: Tomb Raider II (PG-13, 10 p.m.)

The second series of the Lara Croft franchise finds Lara Croft traveling to a sunken underwater temple that contains the mythical Pandora's Box.

Saturday

Pirates of the Caribbean (PG-13)

Set in the Caribbean Sea in the 17th century, Jack Sparrow, a charming rogue pirate, teams up with the governor's daughter to stop the pirates led by Captain Barbossa. Barbossa and his crew are trying to reverse an ancient curse that leaves them stuck between life and death.

Jeepers Creepers II (10 p.m.)

Sunday

Pirates of the Caribbean

Monday

Jeepers Creepers II

Tuesday

Lara Croft Tomb Raider II

Closed Wednesday and Thursday

*Times and movies are subject to change.
For the most current information,
call 452-9441.*



Courtesy photo

Maria Laach is a medieval lakeside monastery. The facility is open for self-guided tours and meditation.

Medieval lakeside monastery offers visitors peaceful refuge

By Iris Reiff

52nd Fighter Wing Public Affairs Office

When people find Maria Laach, they also find fields, green woods, a deep blue lake and a monastery. Two million curious tourists, pilgrims and art-lovers from all over the world travel to this tranquil site annually.

Lake Laach, measuring 2.4 kilometers long and 1.8 kilometers wide, is the largest lake in the Eifel region. The abbey church, constructed near the volcanic lake, officially opened Aug. 24, 1156.

By the end of the 15th century, the Laach monastery was a center of art and science. On Aug. 2, 1802, it was closed like many other monasteries after the French Revolution. Thirteen years later the facility was handed over to the Prussian state and in 1862, the monastery was taken over by the Jesuit order. The new order used the facility as a school to teach young aspiring monks and named it "Maria Laach." In 1892, Benedictine monks from the arch abbey of Beuron on the Danube river moved into the facility.

Today, more than 60 monks live in the monastery. They obey the commandments of Saint Benedikt of Nursia, who in the 6th century preached a balance of work and prayer: "Ora et labora."

There is plenty of work to be seen in the monastery. It has its own art publishing house, nursery, blacksmith, stoneworking stop, bookstore and hotel. The monastery, with 200 employees, is one of the largest employers of the area.

Contrary to popular belief, the monks who live and work in Maria Laach make full use of modern technology in their search for balance. Visitors will find computers, electric typewriters, fax machines and telephones used in the information center, where the monks gladly answer their guests questions.

For visitors seeking refuge, soft music in the church provides the right background for quiet meditation.

Entering the interior of the abbey church, visitors should head for the middle of the church. From there one has the best view toward the high altar, the mosaics, the stained glass windows and the vault, built in the 13th century. In the western apse the tomb of Count Palatine Heinrich II can be seen. The crypt and the Benedict Chapel are also worth seeing.

When visitors descend the wide steps of the west group, they reach the abbey vestibule. On three sides they'll find charming views of the inner courtyard and its lion fountains.

To find Maria Laach, visitors should follow the signs from the A-61 Autobahn.



Out and About



The 52nd Services Squadron Information, Tickets and Tours offers the following trips in October and November. People should register for trips two weeks in advance. Children's prices are for ages 3-12. Call 452-6567 or visit the ITT office in the base community activity center for details.

■Disneyland Paris, Oct. 25. Cost is \$95 for adults, \$85 for children.

■Metz, France, flea market express, Oct. 25. Cost is \$20.

■Dinner and wine tasting, Nov. 1. Cost is \$39.

■Halloween party at Frankenstein castle, Nov. 1. Cost is \$49.

■Halloween family day at Frankenstein castle, Nov. 2. Cost is \$40 for adults, \$35 for children.

...

52nd Services Squadron Outdoor Recreation offers the following trips in October. Unaccompanied, minimum age is 12. Call 452-7176 or visit the facility in Spangdahlem AB building 146 for more information or to register. ODR open Monday-Friday from 10 a.m. to 4 p.m.

■Tandem parachute jumps, each Saturday. Cost is 200 euro per jump. No experience necessary.

■Ropes course challenge in Oberweiss, by appointment. Cost is \$15 per person, minimum of six people.

■Baltic deep sea fishing, Oct. 25-26. Cost is \$80 with own gear, \$90 with rental gear.

■Spain fly and fish adventure, Oct. 23-27. Cost is \$425.

Running: Get started on right foot with marathoner's tips

By Senior Airman Cat Trombley
8th Fighter Wing Public Affairs Office

KUNSAN AIR BASE, South Korea — Running long distances can be an intimidating task, especially to airmen who have not stepped foot on the track since basic training.

But, for those who want to start running, there are ways to start a program so runners can meet their target distance and time without injury.

"There are many methods to follow when starting a program," said Capt. Huey Latham, 8th Medical Operations Squadron physical therapist and marathon runner. "Most people do 'walk and run' in which they walk a distance, then run a certain distance. Another method is to run for a specific time and then walk for a specific time."

Latham said when runners make changes to their routines, they should only step it up slightly.

"When people are starting a training program they should follow the 'FIT' principle," Latham said. FIT stands for frequency, how often you run; intensity, how hard you run; and time, length of activity, Latham said.

"Only one of these variables should be

increased in a week, and the increase should not exceed 10 percent of what you were doing the previous week," he said.

"Cross-training can be done on off-days and supplemented with a non-pounding aerobic activity or weight training. Learn to listen to your body, and if it feels tired or fatigued, take a rest day," Latham said.

New runners have to be especially careful not to cause injury. Accelerating a running program too quickly can cause a number of injuries, he said.

"Too much, too soon, too often causes overuse injuries. The most common injuries are muscle pulls of the lower extremities — more often the hamstrings, quadriceps and the calf muscles," Latham said.

Some of these injuries include:

Runner's knee -- Pain around the kneecap caused by tight tissues on the outside of the



knee and weak muscles on the inside.

Iliotibial Band Syndrome -- Pain on the outside of the knee caused by running downhill or on banked curves, like on the side of the road.

Shin splints -- Pain in the lower leg caused by excessive pounding.

"Adhering to the FIT principles is the best way to avoid injury," Latham said.

If injured, rest, increase flexibility, medicate, ice, maintain strength and endurance of leg and hip muscles, and gradually return to activity with respect to pain. These are the best ways to treat an injury, Latham said.

Almost any runner will tell a "wannabe" runner, having the right shoes is important.

Go to a running store to find running-specific shoes. Some base exchanges have a chart about running shoes and shoes on display. Spend 30 to 40 minutes at the store. Take time

to look at all the shoes and prices.

Wear the kind of socks you are most comfortable running in. The wrong socks can alter the fit of the shoes.

Selecting a running shoe is based on three basic foot types: flat feet, normal- and high-arched.

"Shoes should be bought to accommodate the foot type," Latham said. "Shoe designs come in motion control, stability and cushion.

"Runners with flat feet tend to (land on the outside edge of the foot and roll inward) and need a motion-control shoe. Most people have a normal arch and need a shoe providing stability. Runners with high arches need a cushioned shoe," he said.

If the sole of the shoe is straight, it is for flat feet and motion control. If the sole is semi-curved, it is for normal arches and provides stability. If the sole is curved, it is for high arches and provides cushion.

By following steps to ease into a running program and having the right gear, a new runner should be able to get to their target distance and time, injury-free. (Courtesy of Pacific Air Forces News Service)

Choose well, eat often

Nutritionist says food choices important to fitness equation

By 1st Lt. Mae-Li Allison
Air Armament Center Public Affairs Office

EGLIN AIR FORCE BASE, Fla. -- Exercising is only one of several elements needed to live a healthy lifestyle, according to Staff Sgt. Cristina Saguin, 96th Medical Group Health and Wellness Center nutrition programs NCOIC.

"Exercise alone cannot improve a person's health," Saguin said.

"Unfortunately, there are those who think that if they exercise, it's a license to eat whatever they want."

This thinking leads to poor eating habits like skipping meals, not eating from all the food groups during the day and fad diets, she said.

"Skipping meals can slow the body's metabolism," said the nutritionist. "Later, they'll overeat, typically on the least healthy of foods."

The first step in improving eating habits, Staff Sgt. Saguin said, is for people to write down everything they eat during the day, and when they eat. This allows people to assess their current eating habits and see what they can change.

Additionally, people should eat small meals and snack throughout the day, making sure the meals and snacks include all the food groups, she said.

Snacks should include whole-grain breads, cereals, rice and pastas, plenty of vegetables and fruits, low-fat dairy products and lean meats. Products made from refined sugar or those loaded in fat, such as pastries and candy bars should be eaten in moderation, she said.

"Eating the appropriate foods (helps)

Food guide pyramid

The U.S. Department of Agriculture, Center for Nutritional Policy and Promotion, suggests people choose the recommended number of daily servings from each of the five major food groups. Doing so helps ensure people get the all the nutrients needed for optimal health. For more information, visit the U.S.D.A. Web site at www.health.gov/dietary_guidelines.

Bread, cereal, rice and pasta
-- Eat six to 11 servings.



Vegetables -- Eat three to five servings.
Fruit -- Eat two to four servings.



Meat, poultry, fish, dry beans, eggs and nuts -- Eat two or three servings.



Milk, yogurt and cheese -- Eat two or three servings.



Fats, oils and sweets -- Use sparingly.



to give us the energy we need for daily activity and additional fitness activities," the nutrition programs NCOIC said. "Those frequent, small meals or snacks go a long way in helping us perform our normal duties and enabling us to exercise, too."

Experts at each base's wellness center can provide more information on

nutrition and fitness, including directions on weight, cholesterol and blood pressure management. Also, dieticians at the base hospital can give tips on how to make lasting changes towards healthy eating habits.

Call the 52nd Aerospace Medicine Squadron Health and Wellness Center at 452-6995 for more information.

Barons runners Singleton, Brunal take second, sixth in home meet

By coaches Leanne and Ron Pope
Bitburg High School Barons cross-country

The Barons cross-country team pushed for speed in the team's only home meet of the season on homecoming weekend, Sept. 28-29. Bitburg High School competed for top finishes and improved times against eight other schools in the event.

Dan Brunal finished sixth with 18 minutes, 48 seconds and Ryan Singleton earned second place with 20:55. Other leading Barons included Jordan Watts, Jamie Watts, Josh McGeorge and first-time runner T. J. Fabela. Most improved honors went to Mario Shanks. Amber Abrams shaved 52 seconds from her previous time to lead Lady Barons runners Megan McQuiston, Leesa Visosky and Olivia Eschborn in the race.

The Barons kicked-off the season with a powerful running start in the first competition of the season. The Barons went toe-to-toe against AFNORTH and six other schools Sept. 13.

In the meet, Barons star runner, Brunal, landed fifth place with a time of 18:03, leading Bitburg's other strong runners, both Watts, McGeorge and Reece Pryor. Promising middle school exhibition runner, Singleton, posted a second place time of 20:22. Visosky, McQuiston and Eschborn led the Lady Barons' race.

Patch High School was the race site for the second meet of the season, Sept. 20, with a grueling uphill racecourse. There, first-time runner Abrams broke through to the front of the Lady Barons pack with McQuiston on her heels. Barons' Brunal again led all Eifel runners with an eighth place finish. McQuiston and Joey Denton garnered "Most Improved Runner" honors.

